

WIC BREASTFEEDING CLASSES



Come to this **FREE** class, and learn:

- How to lay a good foundation for breastfeeding in the hospital and early weeks
- How to avoid common problems
- The benefits of breastfeeding vs. formula
- What to expect as you learn how to breastfeed
- ...and much more!

English:

Wed, Feb 6, 13, 20

Wed, Mar 6, 13, 20

Wed, Apr 3, 10, 17

Wed, May 1, 8, 15, 29

Wed, Jun 5, 12, 19

Español:

Mier, Feb 27

Mier, Mar 27

Mier, Abr 24

Mier, Mayo 22

Mier, Jun 26

These breastfeeding classes start at 5:30pm

Everyone is welcome!

From pregnant/breastfeeding moms*,
to those who are just curious about breastfeeding,
We would love to see you!

*If you are pregnant or breastfeeding, please bring your support with you
(i.e. husband, mother, friends, etc.)

All classes taught at 151 S. University Ave Rm. 2601, Provo, Utah